

My Blood Draw Plan for Kids

When writing your plan, think about what you might do if you start to feel worried or scared.

For waiting time, I will bring:

- A favorite book, toy or tablet
- My stuffed animal
- _____

When the test is about to happen I want to:

- Know step by step what will happen.
- NOT** be told anything that will happen.
- Have the blood draw supplies covered so I cannot see them.
- Have the staff member count to three before the poke.
- Have the staff member **NOT** tell me when the poke will happen.

During the blood draw, I want to:

- Watch what is happening
- Look at something else like a book or a tablet
- Close my eyes and imagine I am somewhere else
- Take slow deep breaths as if I am blowing bubbles
- Hold _____'s hand
- Squeeze something
- Have a quiet room with no talking
- _____

When the blood draw is finished:

- I will ask for a Band-Aid (Can be a choking hazard.)
- I will hold the piece of cotton in place with no tape or Band-Aid

You can print, fill out, and bring this plan with you to the lab so we can help you have the best experience possible.

My Blood Draw Plan

Extra information I think the lab should know about me.

<http://www.bcchildrens.ca/our-services/support-services/child-life>